

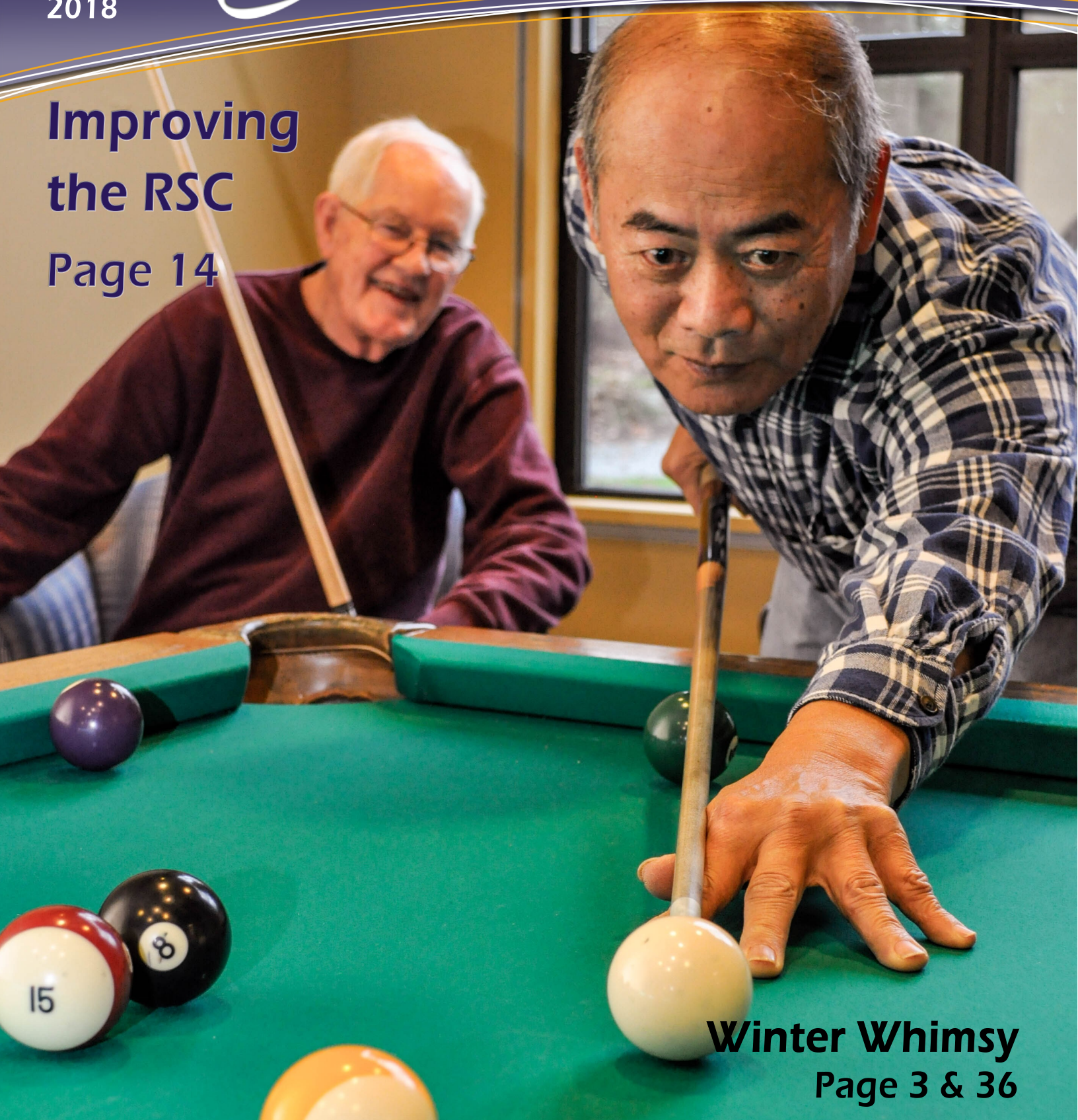


**WINTER
2018**

Encore!

News from the
Redmond Senior Center

**Improving
the RSC
Page 14**



**Winter Whimsy
Page 3 & 36**

Welcome to the RSC

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Message from Marty

Hello,

Season's Greetings! I hope everyone has a wonderful holiday season. Special thanks to the Redmond Senior Center (RSC) staff, volunteers, instructors and senior participants for all of your help during 2017. We had an exceptional year!

Please stop by the RSC to see the modifications that have been done to our facility. Checkout the new fitness/dance room, pool table area and the fireside/library room. The building looks great and we have created some unique programming space.

Don't miss the new Winter Whimsy Series at the RSC. Come and see these magical shows on Friday nights. Special thanks to Aegis at Marymoor and Aegis of Redmond for their sponsorship!

Open on Saturdays! The RSC will be open from 8am – 1pm for programs, rentals and community activities on Saturdays starting in January. Feel free to drop in and enjoy the library, community computers or to meet up with friends.

The RSC is also adding adult and youth programs during the evenings and weekend hours. Jazzercise, Zumba, Unexpected Productions and several cultural groups will be offering classes in the RSC during the winter quarter.

The RSC provides services and programs that are designed to enhance your life. I look forward to seeing you at the RSC!

Marty Boggs, 50 Plus Administrator

Dance to live music!

*Sophisticated
Swing Big
Band*

**Fridays
Feb 16 Mar 16**

**1-3:30pm
Admission \$4**

Everyone is welcome.

Marty's Monday Morning Men's Meeting

Join Marty Boggs, RSC's Administrator, for conversation, camaraderie and treats.

Room: 111/112

Day/Date:

*First Monday of the
Month, or as listed—Jan 8,
Feb 5, Mar 5*

Time: 10-11:30am



Special Events & Activities



Reception 6-7pm

Show 7-8:30pm

Tickets: \$3 in advance,
\$5 at the door

Fred Meitzer Theater
located in the
Redmond Senior Center

Co-Sponsored by

Aegis Living

Assisted Living & Memory Care

Aegis of Marymoor
425-497-0900

Aegis of Redmond
425-883-4000

January 26

Matt Baker, Comedy - Stunts - Odd Skills

Matt Baker's hip comedy show is action-packed with audience participation and perpetual laughter combining stand-up comedy and awesome stunts.

February 2

Unexpected Improv, Improvised Musical

Get ready for a night of laughter, action and intertwined musical improv scenes. With a talented cast and years of experience you are sure to enjoy an evening of unexpected whimsy.

February 16

Nate Jester, Magician

With 23 years of experience, Nate seeks to mystify and intrigue his audiences with entertainment that is nothing short of amazing.

February 23

Captain Smartypants, vocal ensemble

Captain Smartypants, an ensemble of the Seattle Men's Chorus, has performed all over the country; thrilling, delighting and alarming audiences.

For more information www.redmond.gov/wintershow

Redmond Senior Center

City of Redmond
Parks & Recreation

Hours:

Mon-Thu, 8:30am-9pm

Fri, 8:30am-4:30pm

Sat, 8am-12pm

Located at:

8703 160th Avenue NE
Redmond WA
98052

Mailing address:

Redmond Senior
Center, MS: CHSC
P. O. Box 97010
Redmond WA
98073-9710

Phone:

Front Desk:

425-556-2314

Email:

rsc@redmond.gov

The RSC is an active recreation facility for adults age 50 or better that offers heart and brain healthy programs. Respite care is currently not provided on our site. Please call the Evergreen Care Network at 425-899-3200 or www.evergreenhealth.com for more information.

Join us on 3.14* for Pi Day

Enjoy a slice of pie at the Beverage Bar for a \$1 donation while it lasts.

*That's Wednesday, March 14, for those of us who aren't math geeks.



Welcome Spring Lunch

Wed, Mar 21, 11:30am

The days are getting longer and the feeling of spring is in the air—come enjoy an entertaining musical performance and a tasty meal with friends.

Tickets go on sale March 1.

Reservations required; buy your tickets in advance at the Front Desk, \$7 for all ages.



Cultural Experiences

The following programs are open to all RSC participants:

Seniors from India

Co-sponsored with the India Association of Western Washington

Everyone is invited to join seniors from India for an informative and interesting program and a catered lunch of vegetarian Indian food. For this lunch, a donation of at least \$3 is suggested for those age 60 or better (the price is \$6 for individuals under 60).

Please reserve your place by calling our reservation recording at 425-556-2345. After listening to the message, clearly state your name and phone number. Reservations must be made no later than the Friday prior to the program date.

Room: Multipurpose

Time: 12-1:30pm (lunch served at 12pm)

Day: 2nd Thu (unless noted)

Dates: Oct 12, Nov 9, Dec 14



Cultural Navigator Program

A service of the Chinese Information and Services Center, the Cultural Navigator Program offers free, confidential social service assistance to individuals and families who have limited English language skills. The program particularly helps people living in East & South King County to find appropriate resources for the health of their family. Services include applying for housing, basic food, medical and so on.

Room: 103

Time: 9am-12pm

Date: Every 4th Friday of the month

Free

Seniors from China

Co-sponsored with Chinese Information and Services Center

Seniors from China are encouraged to participate in the educational and recreational programs at the RSC. Through the presence of a bilingual staff worker, they have the opportunity to participate in social, recreational, educational, and cultural activities as well as our daily hot lunch. Everyone is invited to join the program for a cross-cultural experience. For more information or updated schedule, please contact CISC staff at 206-624-5633.



Chinese Calligraphy

Chinese calligraphy is good for your health and we believe that will be another way to practice your "Qi." Do you want to learn some Chinese characters and experience the beauty of Chinese writing? When the weather permits and if the students are interested, the instructor will also teach some Tai Chi before the class.

Room: 109

Time: 10am – 12pm

Day: Fridays

Free

Chinese Language Alzheimer Support Group

A safe place for Chinese-speaking family caregivers, their family and friends to:

- Exchange practical information on caregiving problems & possible solutions
- Talk through challenges & ways of coping
- Share feelings, needs & concerns
- Learn about resources available in your community

For more information contact: Catherine Wong, (206) 957-8518 or Belle Fang, (206) 957-8514

Room: 109

Time: 10 am-12 pm

Date: 1st Thursday of each month

Free

Special Activities

Free



Chinese Information Services presents

a celebration of Asian Culture

Lunar New Year

Fri, Feb 23 • 10am-12pm

Multipurpose Room, Lobby & Foyer

A musical presentation begins on stage at 10am,
followed by information and experience tables
in the lobby from 11am-12pm.

Building Closures & Special Event Schedule

The RSC will be closed for
holidays as follows:

Dec 22 through Jan 2,
2018 – Holidays &
Maintenance

Re-open Jan 3, 8:30am

Jan 15- Martin Luther
King Day

Feb 19- President's Day

Due to special events
some regularly scheduled
activities may be changed
on:

Jan 31- City All-Star
Awards

Feb 23 - Lunar New Year
Celebration

Mar 21- Welcome Spring
Lunch

Come hear the
Sophisticated Swing Big Band and vocalist, Cynthia Dean.

Winter Swing Concert

Fri, Jan 19 • 1:30-3:30 pm

Multipurpose Room

Advance tickets suggested; \$3 per person.
Available at the Front Desk beginning Sept 23

Free refreshments.



Walkin' Redmond Crazy Sox Walk Winter 5K

Fri, Jan 26 • 9:30am

Free

It is Breast Cancer Awareness month so let's all wear pink and
show we care. Enjoy warm-up exercises and music to get you
started. Rain or shine.

Please sign up at the Front Desk.

All abilities welcome!

Sorry, we are not able to accommodate dogs or children on our walks.

Advisory Committee News

SAC committee members

The Redmond Senior Advisory Committee, composed of 11 members, acts as a liaison between Redmond Senior Center participants and the staff. They share ideas, encourage new programs as well as promote the RSC. Each serves a two-year term, with the option of a second two-year term.

Thank you to Eileen Englehart, Ron Scopinich, Qing (Ching) Tian and Sandy Marion who recently left the committee. Each was active on SAC committees and will continue to volunteer at the RSC.

The committee welcomes Janice Montgomery, Sue Smith, Margie Meyer and Sadru Kachra.

Committee members welcome suggestions for building and expanding our dynamic senior center.

SAC 2017

As the year 2018 opens for the Redmond Senior Center, the Senior Advisory Committee looks back at a year that appeared to move too quickly. RSC participants continued to create a warm inclusive environment as they supported the programs, special events and programs.

2017 Highlights included:

Working with the RSC staff, volunteers continued to power not only many day to day tasks at the center but also special events and programs. They stepped up when the lunch program needed them, checked Thriller participants into the annual program, led 5K walks as well as the Friday connector walks, created centerpieces and set up tables for special lunches as well as supporting numerous other events at the RSC.

After another successful summer of the Teen/Senior Citizen Garden Project, under leadership of Linda Clark and

SAC's Intergenerational Committee, participants have moved plants into the center's greenhouse room. They also will care for plants throughout the RSC.

Three members of the committee, LouAnn Ballew, Linda Timmins and Deanna Francis, represent the Senior Center as Stakeholders in the city's citizens group advising parks and recreation in planning changes as the city leaves the Old Redmond Schoolhouse. They meet once a month with the stakeholders group.

The Advisory Committee also became a partner with the Redmond Nourishing Network as a way to support local solutions for gaps that leave people hungry. The network of local groups works to educate residents about hunger in the community. It also brings groups together to coordinate local programs addressing hunger in the community.



From left to right: Eileen Englehart, Ron Scopinich, Qing (Ching) Tian and Sandy Marion

The Advisory Committee donated canned and packaged food to the Food Box Program, a program that provides food for children and their families needing it during school breaks. The committee provided a box during spring break and a box for Thanksgiving break.

RSC participants also donated time (26 hours) to make and pack lunches (330) for a program that provides lunches during the summer months for children who rely on free or reduced fee lunches during the school year. Lunches are delivered to children attending a city-sponsored activity in a Redmond park. The program is a partnership among Open Kitchen, HopeLink and the City of Redmond.

Once again, participants donated to the HopeLink toy drive.

Committee members participated in the Welcome Newcomers meeting to share information about the center and its programs and events. They meet with newcomers and share stories about what the senior center has meant to them. Newcomers also tour the facility.

SAC Meetings

Meetings are open to all participants and the general public. The agenda and minutes are posted on the bulletin board across from the Greeter Desk.

Room: 109

Day: Thu

Dates: Jan 18, Feb 15, Mar 15

Time: 10 - 11:45 am

Foot Care

Healthy Feet = Happy People

Our foot care provider, Michael Methe, is trained by a physician who specializes in foot care for seniors. He is available at the RSC on Wednesdays by appointment.

Each appointment includes a foot assessment, trimming and sanding of toenails, calluses and corns.

Instructions will be provided to help the participant have comfortable, healthy feet. Referrals for further foot care will be given as needed.

A newly sterilized set of tools are used for each participant and proper infection control methods are followed.

Prior registration and payment required. Call 425-556-2314 to make an appointment.

Room: 102

Time: 10am-5pm

Day: Wednesdays

Fee: \$35

Foot Care Appointment Cancellation/Transfer Guidelines

- If you cancel more than seven days before your appointment date, you will receive a 90% refund.
- If you cancel seven days or less before your appointment date you will receive a 50% refund.
- If you cancel the day of your appointment there is no refund.
- You may transfer 100% of your fee forward to a different date only one time.

2018 Senior Advisory Committee

LouAnn Ballew

Marty Berndt

Linda Clark

Deanna Francis

Glen Gearhart

Sadru Kachra

Janice Montgomery,

Margie Meyer

Sue Smith

Linda Timmins

Patti Trepanier

RSC Staff:

Marty Boggs, 50 Plus
Programs Administrator

Teri Burke, &
Karen Phillips
Program Coordinators

Sara Bouwman,
Administrative Lead

Iola Stetson
Program Aid & Driver

Christine Benavides,
Laura Cole,
Amy Tang &
Zach Taylor
Office Assistants

Rosie Dejbani, CCS
Nutrition Site Manager

Wellness Partnerships

Courtesy Blood Pressure Checks

Retired healthcare professionals are here to help you take your blood pressure. (If you have experience in taking blood pressure and are interested in volunteering, please contact the Front Desk.)

Room: 102 (Wellness)

Day: Tuesdays

*Time: 10am-12pm
and*

Day: Thursdays

Time: 10:30am-12pm

Free

Mobility Equipment Lending Closet

The RSC has a variety of mobility equipment available for loan. The loan is on a first-come, first-served basis, and is free. We are not able to accept reservations.

Equipment currently available: walkers, wheelchairs, crutches, and canes.

The need must be temporary; although, on occasion, we become over-stocked and may be able to accommodate some longer-term needs. Please contact the staff if you have a long-term need.

Call the Front Desk, 425-556-2314, to check availability.

Donations of lightly used equipment in good repair are accepted when space allows. Please make prior arrangements before dropping off a donation at the RSC.

Low Income Legal Assistance

Sometimes you just need a little legal advice. The Eastside Legal Assistance Program (ELAP) is a non-profit organization providing civil legal assistance to low income residents of East and Northeast King County. Volunteer attorneys from the ELAP provide confidential advice on legal matters. Call 425-747-7274 for an appointment.

Room: 102 (Wellness)

Days: 1st & 3rd Friday

Time: by appointment, 1-3pm

Free, if low income

Statewide Health Insurance Benefits Advisors (SHIBA)

Understanding insurance benefits can be difficult. A trained volunteer will meet with you privately to answer questions in the areas of health insurance and Medicare.

Room: 102 (Wellness)

Day: mostly Mondays

Dates: Jan 15 & 29

Feb 12 & 26

Mar 12 & 26

*Time: by appointment,
9:30am-12:30pm*

Free

Prior registration required for most programs; please call 425-556-2314 for more information.

Senior Rights

The Senior Rights Assistance (SRA) program trains volunteers to provide free, unbiased, accurate information regarding legal and consumer rights. SRA volunteer, Lynn Shapley, is at the RSC for 1/2 hour appointments once a month. The volunteers are trained on issues relating to estate planning (including wills, powers of attorney and health care directives), guardianships, and landlord/tenant concerns. When necessary, they refer folks to an Elder Law Clinic attorney for further assistance. Call the center at 425-556-2314 to make an appointment.

Room: 102 (Wellness)

Day: 2nd Tuesdays

Date: Jan 9, Feb 13 & Mar 13

Time: by appointment, 10am - 12:00pm

Free

Transit Travel Help From Hopelink

Stuck at home without a ride? Want to get to the library or the store without driving? Come talk with the GAPS (Getting Around Puget Sound) volunteer. A Hopelink volunteer can help you figure out how to get to where you want to go. It's easy and free!

Room: Lobby

Day: 2nd Friday of the Month

Dates: Jan 12, Feb 9, Mar 9

Time: 10am - 12pm

Free

Wellness Partnerships

Lunch fee increase

Please note: the suggested donation for the lunch program will increase to \$4 on January 1. This increase is due to a reallocation of funds within the program resulting in a funding deficit for many sites in King County.

Nutrition Program

Have you tried our hot lunch lately?

Lunch is cooked from scratch every weekday and is served at noon. If you are age 60 or better there is a suggested donation of \$4. If you are not yet 60 the charge is \$6. (Please help our cashier and avoid bringing \$20 bills.)

When you come for lunch, please be sure to sign in at the window and get a ticket before you make your donation. Some days we get close to selling out, so signing in is important. The window opens at 10am.

Be sure to pick up a menu when you are in the building - available at the Front Desk or Greeter Desk and on-line at www.redmond.gov/ParksRecreation/50Plus/LunchMenu

Newcomers Reception

Join staff and Senior Advisory Committee members for an introduction to the RSC. Meet other newcomers, hear a presentation about the RSC's programs and activities, and tour the building. Coffee will be served.

Room: 109

Day: Thursday

Date: Feb 22 or Apr 26

Time: 10-11:30am

Free

Meals on Wheels

Do you know someone who is homebound right now? It might be a temporary need in which they are recuperating from surgery or a similar situation, or it might be an ongoing condition that limits their mobility.

When this occurs, it can be difficult to maintain good daily nutritional intake. For these situations, Meals on Wheels might be the answer.

After a qualifying application process, frozen entrees will be delivered to their door every two weeks. The meals are generated by Sound Generations (formerly Senior Services of King County). The RSC is the delivery site for the greater Redmond area.

Call 425-556-2314 to get the application process started, or apply online at <https://soundgenerations.org/get-help/food/>



Dental Care

The RSC now offers dental hygiene services through **Dental Hygienics**.

This is a fee based service with appointments on the 4th Tuesday of every month. Rates are lower than most dentists.

Call the hygienist at 206-948-7355 for fee information and to arrange your appointment.

Or ask for an information packet the front desk for more information.

RSC's Business of the Month

We are looking for a few good businesses that would like the opportunity to showcase their products or services to our senior community.

Interested businesses are encouraged to call Amy at 425-556-2314 in the afternoon for information on the details of the program and to receive an application form.

Prior registration is required

Most workshops are presented by busy professionals who take time out of their day to share their expertise with us. Prior registration helps us insure that their time is used responsibly.

A benefit of prior registration is a courtesy reminder call two days prior to the workshop and notification if it is necessary to cancel.

So, get your name on the list—it's a good thing.

EvergreenHealth

To register for classes sponsored by EvergreenHealth call 425-899-3000 and press 1 (one) at the prompt. The Healthline is open Monday-Friday from 7 am - 7 pm.

To register for classes presented by other sponsors, call the Front Desk at 425-556-2314.

The workshops offered at the Redmond Senior Center (RSC) are designed to be useful and informative. The RSC does not endorse any product or program. It is each individual's responsibility to make informed decisions regarding these issues.

Eating for Healthy Post Holiday Weight Loss

Presented by EvergreenHealth
Talk to a nutritionist about diet risks, myths and fads. Learn simple, safe ways to achieve healthy weight loss during the holidays while maintaining balanced nutrition.

Time: 10 – 11:15am

Day/Date: Wed, Jan 10

Room: 107/108

Call 425.899.3000 to register

Free

Self Defense for Seniors

Presented by EvergreenHealth
Give yourself confidence and peace of mind by learning some simple techniques that will help you to protect yourself and ensure your personal safety.

Time: 10 – 11:15am

Day/Date: Wed, Jan 24

Room: 107/108

Call 425.899.3000 to register

Free

Laughter Yoga

Presented by EvergreenHealth
Safe stretching exercises for seniors of all activity levels. Help maintain your strength and flexibility, improve your balance and increase your circulation.

Time: 10 – 11:15am

Day/Date: Wed, Feb 14

Room: 107/108

Call 425.899.3000 to register

Free

Understanding Strokes

Presented by Overlake Hospital

Strokes are the third leading cause of death in the United States and the number one cause of long term disability. It is very important to know the warning signs of stroke and time is a critical factor in treatment. The Overlake stroke program coordinator will discuss risk factors, detection and treatments now available.

Time: 10 – 11:30am

Day/Date: Wed, Feb 21

Room: 107/108

Free

Exercise, Osteoporosis & Proper Posture

Presented by EvergreenHealth
Exercise plays an important role in the prevention and slowing of osteoporosis. If done improperly, exercise can put brittle and porous bones at further risk for injury. Learn what precautions and exercises are necessary to help without harm.

Time: 10 – 11:15am

Day/Date: Wed, Feb 28

Room: 107/108

Call 425.899.3000 to register

Free

Living Well & Inquiring Minds Workshops

Improve Your Hearing

Presented by EvergreenHealth
Explore techniques for improving communication skills and maximizing your hearing. Discover new hearing aid technologies and learn how to enhance hearing in noisy environments.

Time: 10 – 11:15 am

Day/Date: Wed, Mar 14

Room: 111/112

Call 425.899.3000 to register

Free

Better Understanding of Diabetes

Presented by Overlake Hospital
Early diagnosis and control of diabetes are essential for preventing serious complications. An Overlake physician and Diabetes educator will review risk factors, symptoms and the newest treatments options.

Time: 10 – 11:30am

Day/Date: Wed, Mar 21

Room: 107/108

Free

Power of Laughter

Presented by EvergreenHealth
Humor specialist leads a fun-filled discussion on the healing power of humor and how to incorporate laughter into your life.

Time: 10 – 11:30am

Day/Date: Wed, Mar 28

Room: 111/112

Call 425.899.3000 to register

Free

Inquiring Minds Workshops

Taxes & Your Retirement

Presented by H&R Block of Redmond

A master tax advisor, Anne Frew, with Block Advisors Redmond, will lead a discussion on the different strategies available to assist seniors who are entering, or in, their retirement years. Learn how retirement income is taxed and discover strategies to take advantage of the exemptions and exclusions of federal income taxes.

Time: 12:30 – 2pm

Day/Date: Tue, Jan 9

Room 111/112

Free

RPD ‘n U

Regular quarterly informative conversations with Redmond’s Police Department
Pre Lunch Interrogation



That’s right, this is your chance to ask the Police questions. Don’t miss this great opportunity to hear about local safety issues and meet officers from our great Police force.

Time: 11:15am - 12pm

Day/Date: Wed, Jan 10

Room: Dining Rm

Free

Friends Who Care Program

Did you know that when we hear that one of our participants has an illness, injury, or has lost a loved one, the RSC sends a card? This service relies on one key factor – YOU. We can only send a card if you tell us that someone is in need. Just come in or call the Front Desk with the pertinent information – the name and the reason for the card. It also helps if you have an address or some contact information.

P.S. Donations of greeting cards that express get well, thinking of you, and sympathy wishes are welcome.

Lost Redmond

Presented by Tom Hitzroth

Are you curious about Redmond's history? Tom Hitzroth, a local historian, will "walk" the group through Redmond from the settlement period to about the early 20's when Redmond was going through its growing stages from a settlement to a village to a town. Learn what was here, what is gone, and what some areas look like now.

Time: 12:30 – 2pm

Day/Date: Tue, Jan 23

Room 111/112

Free

Introduction to Hopelink Services

Presented by Hopelink

Hopelink serves homeless and low-income families, children, seniors and people with disabilities in north and east King County. Hopelink also provides transportation services throughout King and Snohomish Counties. Programs and services focus on nine categories of assistance: Join a group discussion with a Hopelink representative to learn about your local Hopelink center, program eligibility requirements, and more!

Time: 12:30 – 2pm

Day/Date: Tue, Jan 30

Room 111/112

Free

Layman's CPR/AED Training

Presented by Redmond Medic One

This free CPR/AED training is provided by members of the Redmond Fire Department. The training will cover recognition of cardiac arrest and incorporate the hands-only CPR method with the delivery of a life-saving electric shock upon the arrival of a Public Access Defibrillator. Following this interactive course a certificate will be issued. Sign up today to reserve a space, limited to eight participants.

Time: 1:30-3pm

Day/Date: Tues, Feb 13

Room 111/112

Free

Thursday Tech Help

Bring your mobile device and our knowledgeable volunteers will help with your specific questions. Please sign in at the reception desk when you arrive. The help sessions usually last about 30 minutes.

Room: Lobby

Day: Thursdays

Time: 12-3pm

Free



Prior registration required for most programs; please call 425-556-2314 for more information.

Moving to a Simpler Life!

Presented by ElderMove

Learn how to simplify and downsize.

Day 1) Overview of Services: What services are available to help seniors? How can you gracefully and safely age in place? How to straighten out your affairs so you will be ready?

Day 2) The Move Itself: What types of Senior housing are available? Clearing out all the excess possessions, prepping the house, timing the sale, moving into the new, easier life, and hanging on to all that money your house just made you!

Time: 12:30 – 2:30pm

Day/Date: Tues, Mar 20 & 27

Room 111/112

Free

Orca-To-Go

Presented by Metro Transit
Get Your ORCA Card Here

- Adult, Youth, Senior and Disabled RFPs
- Add E-purse Value or a Monthly Pass

Time: 10am – 12pm

Day/Date: Tue, Feb 6

Lobby

Fee: \$3 for card plus the amount that you want to load on your card.



Join us for our regular hot lunch program,
then stay for an interesting and educational presentation.

Diamonds in the Ether: Tuning In to Northwest Radio History

Presented by Feliks Banel

Look—and listen—back to the people, stations, and stories that made radio broadcasting a vital part of the culture of the Pacific Northwest.

Innovations in technology, programming, and business as far back as the 1920s made radio in this remote corner a little bit different than the rest of the United States, and connected the people of Washington with events

and entertainment from across the country and around the world. With a mixture of vintage audio, historic images, and expert storytelling, radio historian and broadcaster Feliks Banel revisits the power of radio in the Evergreen State then and now, and looks ahead to the unpredictable future of local radio in our communities.



Tuesday
Jan 16
1-2pm
Room 111/112
Free

Tech Q & A

Now is your chance to have all your electronic technology questions answered!

Meet knowledgeable professionals from OxyGEN, the AT&T Young Professionals group, and AT&T's 50+ professionals group to learn more about how technology can enhance your life.

The OxyGEN group includes technical/engineering, project management, and marketing & sales professionals. They can answer questions about Apple (iOS) & Google's Android operating systems.

Participants and presenters will break into small groups to cover a variety of topics. You are encouraged to bring your smart phone, tablet and/or lap tops.

Please sign up at the Front Desk.

Day/Date: Thu, Mar 1 Time: 4:30-5:30pm Room: 107/108

Free



Inclement weather? Power outage? Wondering if we are open?

Call 425-556-2314 to hear recorded information about program cancellations or changes.



Renting the RSC

On Friday nights, Saturdays and Sundays, the RSC is available to rent for events such as: wedding receptions, homeowners' association meetings, fundraising dinners or church services. Rental of our building provides a revenue source for the RSC. If you are interested in renting the facility for your special event, please call 425-556-2301 or email, facilityrentals@redmond.gov

The City also rents other sites such as the picnic shelters, Adair or Fullard House, and the Old Firehouse Teen Center.

Improving the RSC to Better Serve You

Over the years the RSC has worked to provide new and innovative programs for our participants, along with maintaining the familiar favorite programs. This has meant growth and change in both minor and major ways; while occasionally challenging there has been many positive results.

We are happy to announce the completion of one such major improvement – the Fireside Library, the Billiards Area and room 114. The funding to accomplish these changes was part of the funds made available by the City Council to the Parks and Recreation Department for the move from the Old Redmond Schoolhouse Community Center to the New Community Center in the former Lake Washington Institute of Technology building.

The Fireplace Lounge has been transformed into the Fireside Library. Some walls and doors were added to make a more enclosed space, along with more than double the bookshelves. Furniture was rearranged with the addition of some tables for chess and games, and some soft chairs and lamps for reading. The Fireside Library will continue to have the large screen television for casual viewing and Wii play, as well as continuing to be a nice place for after lunch conversation and socializing.

The former library space is now the Billiards Area. All the shelves and partitions have been removed, lighting was revised and two pool tables have been completely re-felted and refurbished. Bringing the pool tables out to a more visible place in the RSC has resulted in greater use and better awareness of this activity.



The former pool room has been transformed into a multi-use program space. It features a floating wood floor, a mirrored wall, a 70 inch wide screen television and sound system, and storage space for tables and chairs. This exciting new space will be used for exercise and dance classes, Wii bowling and Mexican Train, as well as providing a large lecture space.

Along with the new program spaces there will be new hours, several new programs, and greater utilization of

unscheduled space for rental programs.

- Starting Saturday, January 6, 2018 the RSC will be open to the public for drop in use, programs and rentals programs from 8am to 1pm. The Front Desk will be staffed for registrations and other information, and the Beverage Bar will be open, too.
- Look for the following new fee-based programs in the New Year: Ballroom for Fun and Fitness, Fit Factory Lite, Drawing FUN-damentals, Color My World, and Anyone Can Paint. Zumba Fitness will continue on Tuesday and Thursday evening, and Jazzercise will be available on Monday, Tuesday, Thursday evenings, and Saturday and Sunday mornings.
- Some of the rental programs you might see are Unexpected Production's Improv classes, cultural dance classes and Telugu Bharati cultural classes.

It is exciting to see our great building more fully utilized and we hope you will be able to join in and participate. We are also looking forward to future enhancements in hours and programs in the near future.

On the cover: *Tim Thieme (background) and Tony Fong “rack’em up” most mornings at the RSC.*



The Knit-a-thon to benefit Knitted Knockers.org held on three Saturdays in October 2017 was very successful.

Over fifty knitters participated and to date over 75 pairs of knockers have been complete with 50 pairs delivered to Knitted Knockers.org in Bellingham Washington.

Our knitters will continue until the supply of yarn is exhausted. Knitters interested in working together in a social setting are invited to the RSC on Tuesdays from 1-3pm or 6-8pm.



The RSC Garden is finished producing this year. The cool days of autumn and winter are here! As we seek our heavy, rainproof coats and the cozy indoors; the garden hibernates and replenishes the soil. Our lovely small plot produced more than 160 lbs of tomatoes, tomatillos, cabbage, beans, greens, kale, herbs, zucchini and chard for the Hopelink Foodbank.

Thanks to our Senior and Teen Volunteers for a job well done helping those in need. Thanks, also, to the RSC for the opportunity to follow our passion. Wishing All a Happy Holiday and New Year!

-Linda Clark

Clearing out the Clutter?

Looking for a place to donate useable craft, knitting or sewing supplies?

The RSC has several groups that use donations to create good works in our community—hats, scarves, quilts and more!

The groups are seeking:

- Worsted weight, acrylic yarn
- Cotton fabric (pieces 6" x 6" or bigger)
- Scrapbook paper and rubber stamps

Please call ahead if your donation is larger than a single grocery bag. All items the groups are not able to utilize are placed on the Free Table for "adoption" by other crafters.

Call 435-556-2314 for more information.

Inclement weather? Power outage? Wondering if we are open?

Call 425-556-2314 to hear recorded information about program cancellations or changes.



Renting the RSC

On Friday nights, Saturdays and Sundays, the RSC is available to rent for events such as: wedding receptions, homeowners' association meetings, fundraising dinners or church services. Rental of our building provides a revenue source for the RSC. If you are interested in renting the facility for your special event, please call 425-556-2386 or email, facilityrentals@redmond.gov

The City also rents other sites such as the Old Redmond Schoolhouse Community Center, picnic shelters, Adair or Fullard House, and the Old Firehouse Teen Center.

Interest Groups

Monday

Tennis

Reservoir Park, 9am-1pm

Wii Bowling

Rm 114, 9-11am

Marty's Monday Morning Men's Meeting

(1st Mon)

Rm 111/112, 10-11:30am

Bingo

Rm 107/108, 10:15-11:15am

Bridge (Duplicate)

Rm 107/108, 12-3:30pm

Just Reminiscing Band

Rm 111/112, 1:30-3:30pm

Tuesday

Open Art Studio

Rm 109, 8:45am-1pm

Pickleball

Pickleball Court, 9am-12pm

Trail Walking

Lobby, 9:30-10:30am

Writing Your Life Story

Rm 107, 10-11:30am

Card Making

Rm 108, 10-11:30am

Foursome Bridge

Rm 107/108, 12-4pm

Yarn & Yarns

Lobby, 1-3pm

German Conversation Coffee Group

(3rd Tue)

Fireside Library, 1-3pm

Table Tennis

Multipurpose Rm, 1:30-4:30pm

Wednesday

Tennis

Reservoir Park, 9am-1pm

Wii Training

Fireside Library, 10-11am
(sign-up at the Front Desk)

Scrabble

Lobby, 1-3pm

Quilting

Rm 111/112, 1-3pm

Line Dancing

Multipurpose Rm,
12:15-2:15pm

Pinochle

Rm 107/108, 1-3pm

Thursday

Pickleball

Pickleball Court, 9am-12pm

Party Bridge

Rm 107/108, 9:30am-1pm

Musical Theater Group

Rm 111/112, 10:30am-12pm

Seniors from India

(2nd Thur)

Multipurpose Rm, 12-1:30pm

Chorus

Rm 111/112, 1-3pm

Needle Arts

Rm 109, 1-3pm

Table Tennis

Multipurpose Rm, 1:30-4:30pm
(2-5 pm on the 2nd Thu of each month due to other program needs)

Friday

Tennis

Reservoir Park, 9am-1pm

Pinochle

Rm 107/108, 9:30am-2pm

Trail Walking

Lobby, 9:30-10:30am

Seniors from China

Rm 109, 10 am-12pm

Scrabble

Lobby, 10am-12pm

Sophisticated Swing Big Band Practice

(Dance/Concert 3rd Fri)

Multipurpose Rm, 1-3:30pm

Mexican Train Dominoes

Rm 114, 1-3pm

Pedals & Pipes Organ Group

(2nd Fri)

Rm 111/112 1-3pm

Book Club

(3rd Fri)

Rm 111/112, 1-3pm

English Language Practice Time

Rm 109, 1-3pm

Please note: sometimes groups change their schedule after this newsletter is published. Please excuse any inaccuracies.

Interest Groups

What is an Interest Group?

Who can attend?

Led by volunteers, these groups bring together like-minded people to pursue a wide variety of activities.

Most groups meet weekly; however, some are monthly. There is no fee to participate in most interest groups.

Anyone age 50 or better is welcome to join any interest group at any time. Feel free to introduce yourself to the group leader and join in.

Writing Your Life Story

Time is moving fast and life is full of challenges and activities.

Who has time to write it all down?

Join this group to discover the fun and fulfillment of documenting your life story. Preserve your life experiences for future generations or for your own self-reflection. Group exercises and sharing of writing tips makes for a great experience. Drop in attendance is welcome.

Room: 107

Day: Tuesdays

Time: 10am

Free

Wii Bowling

Come join the fun!

Free!

Sign up at the Front Desk and get information on the next session.

Games are played on Mondays in the Fireplace Lounge. Be sure to get your name on the sign up sheet at the Front Desk.

Volunteer Opportunity

The Redmond Senior Chorus is looking for a piano accompanist to assist them. They meet once a week on Thursdays.

Please leave your name and contact info at the senior center front desk so a chorus member can be in contact with you about the possibility of serving in the volunteer position.

Knitted Knockers Group

Knitters working on knitting prosthetic breasts for cancer survivors are invite to bring their work and meet for help and socializing.

Room: Lobby

Day: Tuesdays

Time: 6-8pm

Free



Wii Training

Have you noticed the fun and excitement resonating from the Fireplace Lounge? We're having fun with bowling, baseball, golf, and tennis, to name a few of the sports you can play. Anyone can do it! You may just need a little training on the interactive gaming unit. The Wii unit is available for play during our open hours for free. Sign up at the Front Desk for training on the use and care of the game and big screen TV.

Room: Fireside Library

Day: various Wed

Time: 10am

Free

Sign-up at the Front Desk; the volunteer who provides the training doesn't come in when no one has signed up.

Fee Based Classes

Class Registration

Registration Begins:

Most classes are currently available for registration. Please see the trip section for trip registration dates.

Please see page 35 for withdrawal and refund information and other policies.

★ Means the class takes place in the evening

S = Senior

R = Resident under age 50

N = Non-resident under age 50

Reminder

Why Are Good Courses & Activities Cancelled?

Nothing stops a good course faster than waiting until the last minute to register. There is a point at which the program staff checks the class registration, and if there are not enough participants signed up, the class is cancelled. Coming in on the day the class is scheduled to start will probably not save it – so please register early!

Arts & Crafts

Driftwood Sculpture

Wood is one of nature's wonders. Driftwood sculpture is the process of bringing out the beauty that is hidden under layers of dirt and decay. Our instructors will show you how to clean, scrape, and oil your wood, as well as how to select a base and finish the process. First-time students should bring an old bath towel to the first class. You will be able to choose a piece of wood from the instructors' supply. Come and join the creative inspiration.

Age: 50 years or better

Day: Monday

Room: 109

Morning – 10am-12:30pm

Instr: Melinda Jewett

Date: Jan 8-29

No class Jan 15

Fee: \$20

Date: Feb 5-26

Fee: \$20

No class Feb 19

Date: Mar 5-26

Fee: \$26

Date: Apr 2-30

Fee: \$33

Afternoon – 1-3:30pm

Instr: Jo Marsh

Date: Jan 8-29

No class Jan 15

Fee: \$20

Date: Feb 5-26

Fee: \$20

No class Feb 19

Date: Mar 5-26

Fee: \$26

Date: Apr 2-30

Fee: \$33

Driftwood Evening Open Workshop

Come enjoy a well-lit work space and the company of other artists as you transform your driftwood. Bring your own tools and wood. The small fee helps support evening programming at the RSC.

Led by volunteers

Age: 18 years and over

Day: Monday

Time: 6:30-8:30pm ★

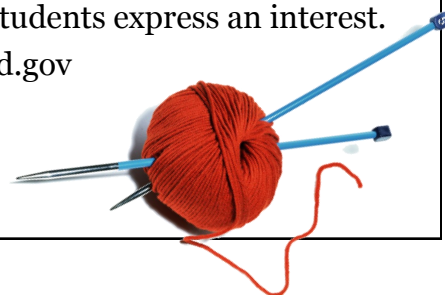
Room: 109

Fee: Drop-in fee of \$3 paid each night at the Front Desk

Want to learn to Knit or Crochet

Our instructor, Char McDonald, will teach a class in either knitting or crocheting if enough students express an interest.

Please contact us at rsc@redmond.gov



Fee Based Classes

Drawing FUN-damentals

Drawing is the foundation skill of all artistic endeavors! Come learn techniques or refresh your hand. Explore ways to capture what you see and exercise your hand eye connection. Focus on line, shadow, form, negative space, and putting it all together for composition and balance in a finished piece. Basic supplies are included in the class fee.

Age: 18 years and over

Instr: Renee Hathcoat

Day: Wednesdays

Time: 9:30-11:30am

Room: 109

Fee: \$50S/\$50R/\$60N

Date: Jan 10-31

Date: Mar 7-28

Color My World

Color – hot and cold, bright and soft, happy and sad, mix it and learn to use it, control it and enjoy happy accidents too. Explore color skills and techniques from basic color wheels to atmospheric, glazes to impasto. Color is so much fun! The class will use acrylics and some mixed media. Basic supplies are included in the class fee.

Age: 18 years and over

Instr: Renee Hathcoat

Day: Wednesday

Time: 9:30-11:30am

Room: 109

Fee: \$50S/\$50R/\$60N

Date: Feb 7-28

Date: Apr 4-25

Anyone Can Paint

Enjoy this colorful opportunity to get away from your everyday routine – relax and hang out with friends while following step by step instructions to complete a painting all within one class. Receive fully guided instructions, all supplies provided. Take your painting home at the end of the class. All skill levels are welcome. No prior painting experience needed. Unleash your creativity in this encouraging and supportive environment.

Age: 18 years and over

Instr: Ashwini Sadekar

Day: Wednesday

Time: 1-3:30pm

Room: 109

Fee: \$42S/\$42R/\$50N

Date: Jan 24

Date: Feb 28

Date: Mar 28

Date: Apr 25



Meet our Driftwood Sculpture Instructor Jo Marsh

Jo has a passion for the art of driftwood sculpture as well as teaching. She sees the potential in every piece of wood and every student.



RSC Art Gallery

The RSC has a lovely gallery space to display local art. Watch for new exhibits and if you know of an artist that would like to share their art with our community please contact Karen Phillips at (425)556-2388 or kphillips@redmond.gov

Fee Based Classes

Dance

Ballroom Dance - Intro

Dancing is a great way to have fun, keep fit and make new friends. Learn dance steps such as the Foxtrot, Tango, Waltz, and Swing. Each class will focus on having fun, building up different rhythms, teaching the importance of lead and follow, and other dance tips to make you feel comfortable on the dance floor. Singles, couples and rous welcome.

Age: 18 years and over

Instructor: Teresa Osborn

Day: Wednesday

Time: 6:30 - 7:30pm ★

Room: 114

Fee: \$50S/\$50R/\$60N

Date: Jan 3-31

Fee: \$40S/\$40R/\$48N

Date: Feb 7-28

Fee: \$40S/\$40R/\$48N

Date: Mar 7-28

Fee: \$40S/\$40R/\$48N

Date: Apr 4-25

OR drop-in on any class \$12 per visit.

Ballroom Dance - On-going

Learn more dance moves for the Foxtrot, Tango, Waltz, and Swing, plus new popular social dance rhythms such as the Rumba, Cha Cha Cha and Quickstep. You will have time to practice in each class, build on technique, and lead and follow as you progress and of course have fun! Singles, couples and groups welcome.

Age: 18 years and over

Instr: Teresa Osborn

Day: Monday

Time: 6:30 - 7:30pm ★

Room: Multipurpose

Fee: \$30S/\$30R/\$36N

Date: Jan 8-29

No class Jan 15

Fee: \$30S/\$30R/\$36N

Date: Feb 5-26

No class Feb 19

Fee: \$40S/\$40R/\$48N

Date: Mar 5-26

Fee: \$50S/\$50R/\$60N

Date: Apr 2-10

OR drop-in on any class \$12 per visit.

Ballroom Dance for Fun & Fitness

Dancing is a great way to have fun, keep fit and make new friends. Each class will focus on having fun, learning basic steps, and other dance tips to help you feel comfortable on the dance floor.

Age: 18 years and over

Instructor: Teresa Osborn

Day: Friday

Time: 10:45-11:45am

Room: 114

Fee: \$40S/\$40R/\$48N

Dates: Jan 5-26

Fee: \$40S/\$40R/\$48N

Dates: Feb 2-23

Fee: \$50S/\$50R/\$60N

Dates: Mar 2-30

Fee: \$40S/\$40R/\$48N

Dates: Apr 6-27



Teresa Osborn, Ballroom Instructor

Teresa has been teaching dance for over 30 years and is certified by the American Fitness and Aerobic Association. She has presented alongside Len Goodman of Dancing with the Stars fame, and teaches international style ballroom.

Fee Based Classes

Tap Dance - Beginner Level

This class introduces tap to the novice in a safe and fun environment. Learn tap basics such as heel & toe taps, shuffles, triples, and grapevine; leading into steps and combinations. We will work on developing new motor skills, enhancing co-ordination, gaining better balance, and developing strength in the leg and ankle muscles.

Age: 18 and up

Instr: Alisha Walsh

Days: Mondays

Time: 12:45-1:45pm

Room: 114

Fee: \$30S/\$30R/\$36N

Dates: Jan 8-29

No class Jan 15

Fee: \$30S/\$30R/\$36N

Dates: Feb 5-26

No class Feb 19

Fee: \$40S/\$40R/\$48N

Dates: Mar 5-26

Fee: \$50S/\$50R/\$60N

Dates Apr 2-30

Tap Dance - Intermediate Level

A tap class for those with experience; you should know the basics (shuffles, flaps, triples). Learn more complicated steps such as drumbeats, time steps, off to buffalo, and pickups; as well as more rhythmically complicated choreography. We will focus on developing strong tap technique while expanding kinesthetic and spatial awareness, cardio fitness, and a greater strength and flexibility in the ankles. Great exercise and fun!

Age: 18 and up

Instr: Alisha Walsh

Days: Mondays

Time: 11:30am - 12:30pm

Room: 114

Fee: \$30S/\$30R/\$36N

Dates: Jan 8-29

No class Jan 15

Fee: \$30S/\$30R/\$36N

Dates: Feb 5-26

No class Feb 19

Fee: \$40S/\$40R/\$48N

Dates: Mar 5-26

Fee: \$50S/\$50R/\$60N

Dates Apr 2-30



Meet our Tap Dance Instructor Alisha Walsh

As an educator, dancer and choreographer, I have an overall passion for movement and the joy that comes when sharing it with others! Moving to Seattle in 2013, I took a break from teaching and choreography to focus on my own personal development as a dancer and educator. Seattle has given me a new holistic approach to teaching dance and I'm so excited to continue to build upon it by exploring new ways of moving. See you on the dance floor!

Fragrance Free Courtesy

Please refrain from the use of any fragrant personal-care products while participating in RSC classes, programs and trips.

This includes products such as, but not limited to, perfume, cologne, scented shampoo and body wash, lotions and scented deodorants.

In the event that a fragrant personal-care product interferes with another person's ability to participate in an activity, for the sake of the chemically sensitive person's health, the person wearing the fragrant product will be asked to leave. No refund will be given.

Your chemically sensitive co-participants thank you.



Fee Based Classes

Fitness & Yoga

Core Strength

A strong core is the key to maintaining an active lifestyle. Utilizing body resistance training as well as weights and bands, this class will focus on building muscle strength in abdominals, lower back and legs. Bring a mat and water. This is an advanced level class; new students, please check with the instructor before registering.

Age: 18 years and over

Instr: Jody Martin

Days: Thu

Time: 10-11:00 am

Room: Multipurpose

Fee: \$28S/\$28R/\$34N

Date: Jan 4-25

Fee: \$28S/\$28R/\$34N

Date: Feb 1-22

Fee: \$35S/\$35R/\$42N

Date: Mar 1-29

Fee: \$28S/\$28R/\$34N

Date: Apr 5-26

OR drop-in on any class \$10 per visit.

Fit Factory Lite

This is a Redmond FlexFit pass class. This 45-minute hand weight class will strengthen your entire body. The workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. The benefits you can expect from regular participation include; improved cardiovascular efficiency, longer leaner muscles, less body fat, stronger bones and a faster metabolism.

Location: Room 114 at Senior Center

Ages: 18 and up

Instructor: John Crain

Day: Monday & Wednesday

Time: 10:30-11:15am

Fee: \$40S/\$40R/\$48N

Dates: Jan 3-31

No class Jan 15

Fee: \$35S/\$35R/\$42N

Dates: Feb 5-28

No class Feb 19

Fee: \$40S/\$40R/\$48N

Dates: Mar 5-28

Fee: \$45S/\$45R/\$54N

Dates: Apr 2-30

Gentle Yoga for All Body Types

With a focus on proper breathing, safe stretching, and increased body awareness, this class is for anyone seeking a fun yoga class that's not sweaty or leaves you tied up in knots! Discover how to increase your flexibility, improve your balance and circulation, relieve stress and learn to relax. Primarily based on traditional Hatha yoga poses with attention to safety and comfort, instructors help students of all body types modify and adapt poses. Come experience the life enhancing benefits of a consistent yoga program. Beginners welcome! Please bring a yoga mat.

Age: 18 years and over

Day: Tuesday

Formerly Yoga for Full Figures

Instr: Lynne Steele

Time: 6:30-8pm ★

Room: 114

Fee: \$40S/\$40R/\$48N

Date: Jan 5-26

Fee: \$30S/\$30R/\$36N

Date: Feb 2-16

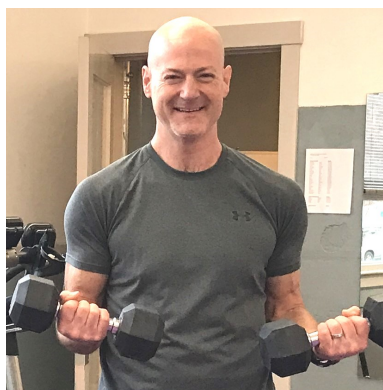
No class Feb 23

Fee: \$50S/\$50R/\$60N

Date: Mar 2-30

Fee: \$40S/\$40R/\$48N

Date: Apr 6-27



John Crain

Senior Strength Plus & Fit Factory Lite Instructor

John is a certified personal trainer who has been instructing a variety of classes for the City of Redmond since 2013. He is bringing his exciting, high energy training techniques to the RSC in the form of Senior Strength Plus and Fit Factory Lite. Check it out!

Fee Based Classes

Day: Thursday

Formerly Healing Moves for Every Body

Instr: Debbie Pompa

Time: 7-8:15pm ★

Room: 114

Fee: \$40S/\$40/\$48N

Date: Jan 4-25

Fee: \$40S/\$40/\$48N

Date: Feb 1-22

Fee: \$50S/\$50/\$60N

Date: Mar 1-29

Fee: \$30S/\$30/\$36N

Date: Apr 5-26

Day: Friday

Instr: Lynne Steele

Time: 10-11am

Room: Multipurpose

Fee: \$40/\$40R/\$48N

Date: Jan 9-30

Fee: \$40/\$40R/\$48N

Date: Feb 6-27

Fee: \$40/\$40R/\$48N

Date: Mar 6-27

Fee: \$40/\$40R/\$48N

Date: Apr 3-24

Laughter Yoga

Laughter Yoga is a combination of fun, playful laughter and deep breathing exercises. It is a great way to reduce stress, boost your immune system and increase oxygen to your body and brain. Join the group on the first Wednesday of the month.

Age: 50 or better

Instr: Marilyn Fogelquist

Day/Date: first Wed of month

Time: 10:30 – 11:30 am

Room: 111/112

Fee: \$3

SAIL - Balance & Strength/ Fall Prevention

SAIL (Stay Active and Independent for Life) is designed to reduce the risk of falls through exercise and education. Conducted by a trained fitness specialist, the group exercise class meets twice a week and focuses on aerobics, balance, and strength training. The program also includes instruction on home and fitness safety, and assessments. Call 425-556-2314 or email rsc@redmond.gov to request a flyer with full class details. The program is a three-month series, which may be repeated. SAIL is offered at a low monthly fee of \$10, because it is subsidized by a King County EMS grant.

New SAIL students, please start with Part 1.

Age: 50 or better

Instr: Jody Martin

Days: Mon & Wed

Time: 2:30-3:30pm

Room: Multipurpose

Fee: \$10 per month

Part 1

Dates: Jan 3-29

No class Jan 15

Part 2

Dates: Feb 5-28

No class Feb 19

Part 3

Dates: Mar 5-28

Part 1

Dates: Apr 2-30



Meet our Laughter Yoga Instructor Marilyn Fogelquist

It was in 2003 that I was introduced to Laughter Yoga and life has not been the same since. I did my first Laughter Yoga Leader training program the next year, promptly started a Laughter Yoga club, have continued my training and am now certified both as a CLYL and CLYT.

Laughter Yoga has brought great joy to my life and great pleasure, as well, having provided me with the opportunity and skills to bring laughter and joyfulness to so many people in our community.

Fee Based Classes

Senior Strength Basic

Designed to improve your balance, strength, and muscle tone. With the use of a chair, light weights, and tubing, you will learn specific exercises to work all the major muscle groups in your body. Please wear comfortable clothing and bring a water bottle. Register early—this class does fill up quickly!

Age: 50 or better
Instr: Jody Martin
Days: Tue & Thu
Time: 9-9:45 am
Room: Multipurpose
Date: Jan 4-30
Fee: \$32
Date: Feb 1-27
Fee: \$32
Date: Mar 1-29
Fee: \$36
Date: Apr 3-26
Fee: \$32

Senior Strength Plus

At a slightly higher intensity level, this class will focus on building strength and fitness. With the use of weights and resistance bands/tubing, you will work all the major muscle groups in your body.

Age: 50 or better
Instr: John Crain
Days: Mon & Wed
Time: 9:30-10:30am
Room: Multipurpose
Date: Jan 3-29
No class Jan 15
Fee: \$28
Date: Feb 5-28
No class Feb 19
Fee: \$28
Date: Mar 5-28
No class Mar 21
Fee: \$28
Date: Apr 2-30
Fee: \$36

OR drop-in on any class \$7 per visit.

Senior Cardio

Designed to improve your agility and cardio-respiratory endurance through the use of low impact and easy dance movements. Set to upbeat music, this class is sure to be lots of fun! Please bring an exercise mat and a water bottle.

Age: 50 or better
Instr: Jody Martin
Days: Mon & Wed
Time: 10:30-11:30 am
Room: Multipurpose
Date: Jan 3-29
No class Jan 15
Fee: \$32
Date: Feb 5-28
No class Feb 19
Fee: \$32
Date: Mar 5-28
No class Mar 21
Fee: \$32
Date: Apr 2-30
Fee: \$41

OR drop-in on any class \$7 per visit.



Moving for Better Balance

This research proven balance training program is based on the ancient Chinese movement called Tai Chi. The customized version of Tai Chi used in this class consists of gentle, flowing movements that are specifically tailored to improve your balance, strength, and help reduce falls. No prior experience necessary. All levels welcome!

Age: 18 years and over
Instr: Julie Cauthorn
Day: Thursday
Time: 9:30 - 10:30 am
Room: 114
Fee: \$40S/\$40R/\$48N
Date: Jan 4-25
Date: Feb 1-22
Date: Mar 1-22
Date: Mar 29-Apr 26
No class Apr 5

Fee Based Classes

Zumba Gold

Zumba Gold class is designed for active older adults, anyone who has not been exercising lately, or individuals who may be limited physically. Taught at a lower intensity, the class lasts about 45 minutes and includes a warm-up and cool-down. It is just as much fun, and utilizes the same great Latin music and dances as other Zumba classes—just not as fast. Wear loose clothing and athletic shoes that allow lateral movement, and bring water.

Age: 18 years and over

Instr: Teresa Osborn

Room: 114

Day: Monday

Time: 5:30-6:30pm ★

Fee: \$17S/\$17R/\$20N

Date: Jan 8-29

No class Jan 15

Fee: \$17S/\$17R/\$20N

Date: Feb 5-26

No class Feb 19

Fee: \$22S/\$22R/\$26N

Date: Mar 5-26

Fee: \$28S/\$28R/\$30N

Date: Apr 2-30

Day: Tuesday

Time: 10:15-11:15am

Fee: \$22S/\$22R/\$26N

Date: Jan 9-30

Fee: \$22S/\$22R/\$26N

Date: Feb 6-27

Fee: \$22S/\$22R/\$26N

Date: Mar 6-27

Fee: \$22S/\$22R/\$26N

Date: Apr 3-24

Day: Friday

Time: 9:30-10:30am

Fee: \$22S/\$22R/\$26N

Date: Jan 5-26

Fee: \$22S/\$22R/\$26N

Date: Feb 2-23

Fee: \$28S/\$28R/\$30N

Date: Mar 2-30

Fee: \$22S/\$22R/\$26N

Date: Apr 6-27

Register for the full month or drop-in for \$7.

Zumba Fitness

ZUMBA® fitness is a Latin-inspired dance aerobics class using intervals and body weight resistance to burn fat and sculpt your body. It's the ultimate dance party spiced up with fast and slow rhythms from Latin and international music. Previous Zumba experience is encouraged but not required.

Age: 13 and up

Instr: Debrah Young

Days: Tue & Thu

Time: 7-8pm ★

Room: Multipurpose

Fees: purchase a 10 class punch card for \$50 or drop-in for \$7 a class

Dates: Tue, Jan 4-Apr 26

OR drop-in on any Zumba or Zumba Gold class \$7 per visit.



Meet our Senior Fitness Instructor Jody Martin

Instructor Jody Martin has been working in the fitness industry since 1984 and has a degree in Health and Physical Education from The University of Montana. She has been working specifically with seniors for almost 20 years and is currently teaching classes in Redmond, Bellevue and Kirkland.

"I have definitely found my purpose in life. My passion is keeping seniors active, healthy and strong!"

Life-Long Learning

Defensive Driving

Co-sponsored by the AAA Driver Improvement Program.

This one-day refresher course on defensive driving skills gives practical guidance for traffic accident prevention, and enhances driver safety and confidence. In order to receive a certificate of completion, plan to attend the entire class. The certificate is the proof required for a reduction in auto insurance premiums for those 55 years of age and older.

To register for the class, please send checks only - \$18 per person, payable to American Driving Services, P.O. Box 66681, Seattle, WA 98166-0681. Fee is non-refundable, but is transferable to another class. You will receive a confirmation letter with all the details. Call us at 206-243-3564 if you have additional questions.

Age: 50 or better

Instr: American Driving Services

Day: Wednesday

Time: 9am -5pm

Room: 107/108

Fee: \$18

Dates: Feb 7

Dog Training-Puppy Class

This class offers socialization, play time, handling for comfortable vet visits, and training time for puppies 8 weeks - 5 months old.

Socialization is not only about other dogs, exposure to other distractions such as noise and motion is included. During play groups puppies will be grouped by size/play style. Training time will consist of explanation, demonstration, and practice. Tricks, basic obedience and attention to handler will be emphasized.

We will also go over any issues you may be having with your puppy! Age: 18 years and over

Instr: Helen Dohrmann

Day: Thursday

Time: 6:30-7:15pm ★

Room: 109

Fee: \$120S/\$120R/\$144N

Date: Jan 11-Feb 15

Fee: \$120S/\$120R/\$144N

Date: Mar 1-Apr 5



Dog Training-Basic Manners & Obedience

The class teaches the 10-elements of the American Kennel Club Canine Good Citizen program. The basics include: sitting for petting, loose leash walking, sit, stay, down, come, and staying with another person for a few minutes. Dogs learn to focus and perform with distractions of other people and dogs nearby. Age: 18 years and over

Instr: Helen Dohrmann

Day: Tuesday

Time: 7:30-8:30pm ★

Room: 109

Fee: \$120S/\$120R/\$144N

Date: Jan 11-Feb 15

Fee: \$120S/\$120R/\$144N

Date: Mar 1-Apr 5

Dog Training - Therapy Dog Prep Class

Learn what it take to be a Therapy Dog Team with your best furry friend! Each class will be divided into presentations and practice as you and your dog develop a better understanding of this rewarding and challenging occupation. Age: 18 years and over

Instr: Helen Dohrmann

Day: Thursday

Time: 6:30-8pm ★

Room: 109

Fee: \$130S/\$130R/\$156N

Date: Apr 12-May 17

Extended Travel Opportunity

Offered in conjunction with the

WASHINGTON STATE ASSOCIATION OF
WSASC
SENIOR CENTERS

Discover Switzerland, Austria & Bavaria August 9-18, 2018

Highlights: Bern Switzerland, Chateau de Chillon Montreux, Lucerne, Innsbruck, Austria, St Peters Restaurant, Germany-Oberammergau-Innsbruck, Wise Church. Reservation deadline: Feb 3, 2018

\$3,999 - Double; \$4,299 - Single

Includes: Round Trip Air, Hotel, 12 meals



The Best of Eastern Canada October 1-8, 2018

Highlights: Montreal, Quebec City, Ottawwa, Rockport/1000 Islands, Toronto, Niagara Falls Reservation deadline: Mar 30, 2018

\$3,399 - Double; \$4,249 - Single

Includes: Round Trip Air, Hotel, 8 meals

Watch for additional trip details soon for:

New Orleans

Canyon Country

South Africa

Prague, Vienna, and Budapest

All prices include: roundtrip air from SeaTac, air taxes and fees/surcharges, hotel transfers.

For details contact Sheri McConnaughey (206)768-2822 ext 2321
sheri.mcconnaughey@tukwilawa.gov .

Be sure to say you are from the Redmond Senior Center!

Parking on the City Campus

Visitors to the RSC are welcome to park in the City Parking Garage. The entrance is on the east end (take the first right as you come in the driveway).

Please pay attention to the signs that indicate where visitor parking ends and City employee parking begins; the bottom floor is for city vehicles only.

On days when you think the RSC will be busy, we strongly encourage you to carpool with a friend.

Day Trips

Trip Registration Dates

Wed, Dec 13 for City of Redmond residents;

Fri, Dec 15 for non-residents.

Please read the refund and withdrawal policies on page 35. Fees will be assessed as described in the policies.

Trips are reserved for age 50 or better participants.

Reservations & Waitlists

All trips close for registration three business days prior to the trip date and courtesy reminder calls will be made at that time. The only trip additions after a trip has closed will be when a trip has reached maximum enrollment with a waiting list, and there is a last minute cancellation.

Tax on trips

We are required to charge tax on sightseeing trips. You may notice the difference on your receipt. Note: trips that are educational do not require the tax.



Adventure Trip - Experience Vertical Climbing

Adventure abounds as you learn to climb a vertical wall at Vertical World in Redmond. No previous climbing experience needed however expect the experience to be physically challenging. Active demonstrations and vigorous climbing with instructors will take place after you sign a waiver and have shoes and a fitted harness. No meal time included in this trip. Must meet minimum of 10 participants for trip to take place.

Walking Rate: Extreme – vigorous climbing

Day/Date: Tue, Jan 9

Time: 9am - noon

Fee: \$35

Course Number: 10207

Discerning Diners Tokyo Japanese Steakhouse

Want a little entertainment with your meal? Then Tokyo Japanese Steakhouse in Woodinville is the place to go. It has tables that seat eight to ten people with a teppanyaki grill in the center. Your chef cooks your meal in front of you. It is both delicious and entertaining. Your meal is not included in the trip fee.

Walking Rate: Little – on and off bus

Day/Date: Wed, Jan 10

Time: 11:15am – 2pm

Fee: \$12

Course Number: 10230

SAM: Andrew Wyeth: In Retrospect

Join us as we take Sound Transit to the Seattle Art Museum to view the special exhibit - Andrew Wyeth: In Retrospect which examines the American master's 75-year career. Presenting 110 of Wyeth's finest paintings and drawings, this first major retrospective since the artist's death includes rarely seen loans from the Wyeth family and follows the evolution of one of America's most famous painters to reveal a deep well of humanity and imagination. There will be some time to view other exhibits and have lunch at the onsite café prior to our docent lead tour. Bus fee and museum admission included. Meal not included in fee.

Walking Rate: Lots-possible stairs, sparse places to sit

Day/Date: Thu, Jan 11

Time: 9:30am – 4pm

Fee: \$45

Course Number: 10234

Museum of Flight

APOLLO is the newest exhibit at the Museum of Flight in south Seattle. Join us for a docent lead tour of this exhibit that captures the drama of the space race and see the rocket engine that launched the Apollo to the moon. You will also have time view other parts of the museum and you can take a break for lunch whenever you

like at the Pavilion Café. Meal cost not included in fee.

Walking Rate: Lots - possible stairs, sparse places to sit

Day/Date: Wed, Jan 17

Time: 9am – 3pm

Fee: \$32

Course Number: 10235

New Ikea Renton

Ikea has completed their remodel and it's time to check it out. Come explore and shop, or just come along for the Swedish Meatballs. The store has a nice restaurant in the center of the store with great food and prices. Lunch will be on your own. Your meal is not included in the trip fee.

Walking Rate: Lots - The store is huge.

Day/Date: Thu, Jan 18

Time: 10am – 3pm

Fee: \$18

Course Number: 10236

Discerning Diners

McMenamins Tavern on the Square

Formerly the Anderson School in Bothell, McMenamins is a great spot for a meal. Join us for lunch at the Tavern on the Square (the remodeled cafeteria) and a self-guided tour. Meal is not included in the trip fee.

Walking Rate: Some- Several places to sit

Day/Date: Tue, Jan 23

Time: 11am – 2pm

Fee: \$12

Course Number: 10237

Empty Bowl

Empty Bowl events can be found around the country raising money to combat hunger in our communities. Your \$20 donation will get you the opportunity to pick out a beautiful handmade bowl, as well as a simple but wonderful meal of soup, bread, beverage and dessert donated by area businesses. Proceeds will go to the Highline Food Bank and White Center Food Bank. Trip fee does not include your donation.

Walking Rate: Little – on and off bus

Day/Date: Fri, Jan 26

Time: 10am – 3pm

Fee: \$15

Course Number: 10238



Adventure Trip - Raptors, Fun and Food

Join us as we head north to Concrete, WA to see bald eagles soaring along the Skagit river followed by a presentation on Birds of Prey. During the presentation you will get to see 5 or more raptors up close. Bring your binoculars and dress for the weather as you'll get to see a large number of eagles in the wild. We will be providing box lunches from Pot Belly Sandwich shop.

Walking Rate: Modest

Day/Date: Sat, Jan 27

Time: 9:30am – 4:30pm

Fee: \$55

Course Number: 10239

Suggestions Welcome

Do you have a suggestion for a trip destination? Would you like to recommend a restaurant for the Discerning Diners? Do you know someone who would like to teach a class?

We are always looking for new ideas to keep things fresh and exciting.

Feel free to drop a note in the suggestion box at any time—paper is available at the Front Desk.

Trip Talk Time

Join Iola Stetson, our driver, to discuss upcoming trips and ideas for future trips.

Day/Date: Thu, Jan 4

Time: 10-11:30am

Room: 109

Free

Casino Trip - Angel of the Winds Casino

Enjoy a day of wagering and camaraderi as we travel to Angel of the Winds Casino located in Arlington. Lunch will be on your own in one of the in-house eateries. This is a smoking venue with good ventilation. There is no transportation to and from home available for this trip. Meal not included in trip fee.

Walking Rate: Some – several places to sit

Day/Date: Tue, Jan 30

Time: 8:45am – 3pm

Fee: \$18

Course Number: 10240

Adventure Trip - Do You Have the Need for Speed?

This is the perfect opportunity to go to "the place to race!" K1 Speed, electric indoor go kart racing, is located in the Overlake area of Redmond. Sign up to go on this trip to bring back memories, de-stress and sense the centrifugal force as you go around the corners. Must be able to climb in and out of a low, tight seat to enjoy this trip.

Walking Rate:

Day/Date: Tue, Feb 6

Time: 1 – 3:30pm

Fee: \$30

Course Number: 10208

Discerning Diners Jack's BBQ

Located by Safeco field, Jack's BBQ has been voted one of the top BBQ restaurants in Seattle. If the thought of good brisket, ribs, sausage, pulled pork or chicken smoked low and slow makes your mouth water, join us for this outing. Meal is not included in trip fee.

Walking Rate: Little-on and off bus

Day/Date: Wed, Feb 7

Time: 11am- 2 pm

Fee: \$15

Course Number: 10248

Northwest Flower & Garden Show

America's second largest flower and garden event is celebrating 30 years of beauty and inspiration. Held at the Washington State Convention Center in downtown Seattle, the show has special attractions for everyone: the Show Gardens, the Marketplace, the Seminars, Vintage Garden Market, and more. The show also offers a variety of eating options so lunch will be on your own at the time and place of your choice. Meal not included in fee.

Walking Rate: Lots-possible stairs, sparse places to sit

Day/Date: Thu, Feb 8

Time: 9am-4pm

Fee: \$38

Course Number: 10242

Kirkland Performing Arts Center: Imagination Theater

Mystery, drama, and laughter abound in America's leading radio drama series regularly featuring Private Detective Harry Nile and tales of Sherlock Holmes by Sir Arthur Conan Doyle. Recorded live at KPC, America's leading radio drama series is heard from coast to coast on over 50 radio stations in North America, including KIXI in Seattle. Dinner prior to the show at Outback Steak House. Meal not included in fee.

Walking Rate: Some-several places to sit

Day/Date: Mon, Feb 12

Time: 5:15-10pm

Fee: \$35.

Course Number: 10243

Theo Chocolate Factory Tour

We have landed a tour of the nation's first organic, fair-trade chocolate factory right here in the Fremont district. Enjoy samples of their various products just before Valentine's Day! We will have lunch at the Phinney Market Pub and Eatery in Seattle. Meal is not included in the trip fee.

Walking Rate: Modest-minimal places to sit on the tour.

Day/Date: Tue, Feb 13

Time: 9am-3pm

Fee: \$28

Course Number: 10244

Discerning Diners

Salty's on Alki

Enjoy the sweeping views of Elliott Bay and the Seattle skyline while enjoying award-winning Northwest seafood cuisine. Salty's on Alki is a favorite destination so sign up early. Meal not included in the trip fee.

Walking Rate: Little- on and off bus

Day/Date: Wed, Feb 21

Time: 10:30 am- 2:00 pm

Fee: \$15

Course Number: 10245

LaConner Walkabout

Come stroll the inviting town of LaConner. There are lots of shops to look through and numerous restaurants to choose for your lunch. They also have a nice quilt museum there. Meal is not included in the trip fee. On the trip up we should pass fields with Snow Geese. If there is a safe place to pull over, we will stop for some photos

Walking Rate: Some-several places to sit

Day/Date: Thu, Feb 22

Time: 8:45 am- 3:30 pm

Fee: \$26

Course Number: 10246

New Day Northwest

Join us in the studio audience at New Day Northwest. See Margaret Larsen and various guests; authors, musicians, fitness and health experts, celebrities and sports stars as they celebrate what's great about the Northwest. Note: limited to 10 participants. Lunch following the program will be at the Pyramid Ale House. Meal not included in fee.

Walking Rate: Some-several places to sit

Day/Date: Wed, Feb 28

Time: 8:30am-2pm

Fee: \$ 18.

Course Number: 10247



Adventure Trip - Explore the Tacoma Nature Center

Bring your binoculars along for close up viewing as you hike around the walking trails of these wetlands and forested areas. View some of the 20 different species of mammals and 100 bird species that call the Tacoma Nature Center home. You will have an opportunity to explore over 2 miles of soft-surfaced walking trails. Booklets will be available for you to take the self-guided Wetlands walk, the self-guided History walk or the self-guided Forest walk. An interpretive center and a gift shop are on site for further exploration. Plan on bringing your own snacks, water and lunch as a meal is not part of this trip.

Walking Rate: Extreme

Day/Date: Thu, Mar 1

Time: 9:30am – 3:30pm

Fee: \$25

Course Number: 10211

Wait List Info:

When a trip fills we will put your name on a wait list. If interest is sufficient, we will try to add another vehicle or another trip date. People on the wait list will have priority.

Don't miss out on the trip you want – be sure to register early.

Need a ride?

Transportation to and from home for Redmond residents is available unless stated otherwise in the trip description.

Walking Rating

Remember to pay attention to the amount of walking for each trip. We make every effort to indicate the amount and difficulty of walking involved.

All trips are planned with those using walkers and wheelchairs in mind. Please let us know at the time you register if you will need mobility assistance.

Community Activities

Filson Factory Store

For more than 100 years, Filson has manufactured Unfailing Goods according to founder Clinton C. Filson's exacting standards: It is the Filson ideal and policy to produce only the best in Outdoor Clothes. Tour the Filson manufacturing facility at the Flagship store in Seattle to see how the craftspeople take the best raw materials from around the world and turn them into garments, bags and gear that last for generations. Lunch will be at Henry's Tavern prior to the tour. Meal not included in fee.

Walking Rate: Modest-few places to sit

Day/Date: Tue, Mar 6

Time: 11am – 4pm

Fee: \$20

Course Number: 10209

Discerning Diners Dim Sum at Din Tai Fung

Din Tai Fung is world famous for their soup dumplings and won tons. We will enjoy an early lunch at their U. Village location. Meal not included in trip fee

Walking Rate: Little-on and off bus

Day/Date: Wed, Mar, 7

Time: 10:30 am-1:30 pm

Fee: \$15

Course Number: 10241

Teatro ZinZani

Love, Chaos & Dinner at Marymoor Park - Teatro ZinZanni Seattle is thrilled to announce a multi-talented, international cast of premier entertainers led by Madame ZinZanni, Ariana Savalas. The company features comedy, magic, acrobats and more. All costs of this unique dining and entertainment experience are included in the trip fee accept beverages.

Walking Rate: Some-several places to sit

Day/Date: Thu, Mar 8

Time: 6-10:30pm

Fee: \$135

Course Number: 10249

Mystery Irish Adventure

With St. Patrick's Day is just around the corner, it seems like a good time to go on a mystery adventure. Join us for a day of hunting leprechaun, shamrocks, pots of gold and more. Meal not included in trip fee.

Walking Rate: Modest-few places to sit

Day/Date: Wed, Mar 14

Time: 9am-3pm

Fee: \$18

Course Number: 10250

Funko HQ

The flagship store for Funko, a pop culture and licensed-focused collectibles company in Everett, opened in August of this year to much acclaim. Join us to see what it's all about. This 17,000 square foot store features licensed toys including: Lucas Films, Marvel, Hasbro, The Walking Dead, Game of Thrones, DC Comics, NBA, and Disney; to name just a few. You can even create your very own, one-of-a-kind Pop! After exploring the store lunch will be at nearby Major League Pizza. Meal not included in fee.

Walking Rate: Modest-few places to sit

Day/Date: Thu, Mar 15

Time: 10am-4pm

Fee: \$20.

Course Number: 10251

Little Bit Therapeutic Riding Center

Little Bit Therapeutic Riding Center changes lives "one stride at a time". Come take a tour of the facility, learn about hippotherapy, adaptive riding and meet some of the equine therapists. Then enjoy lunch at Agave Cocina & Cantina. Meal not included in the trip fee

Walking Rate: Modest

Day/Date: Tue, Mar 20

Time: 9am-3pm

Fee: \$12

Course Number: 10253

Community Activities

Casino Trip -

Swinomish Casino

Join your friends for a scenic drive to the Swinomish Casino in Anacortes, WA. The Casino offers all the latest in gaming as well as multiple restaurants to choose from. Meal is not included in trip fee.

Walking Rate: Little- On and off bus.

Day/Date: Thu, Mar 22

Time: 8:45 am- 3:30 pm

Fee: \$20

Course Number: 10255

Poulsbo Walkabout

Poulsbo's historic Little Norway is one of the Kitsap Peninsula's favorite and most popular destinations. Stroll down Front Street to explore galleries, museums and shops in Poulsbo's growing Arts District or stop by one of several waterfront restaurants to enjoy a beverage overlooking the marina and waterfront park. Lunch is on your own. Meal is not included in the trip fee.

Walking Rate: Modest

Day/Date: Tue, Mar 27

Time: 9 am- 5 pm

Fee: \$25

Course Number: 10256

Discerning Diners

Chinook's at Fisherman's Terminal

Located in the middle of the biggest commercial marina in Seattle, Chinook's has a comfortable, authentic vibe. We will take a short walk around the marina which will offer us a chance to get up close to the fleet that brings fresh fish to the tables of the region. If we are lucky we may see some of the boats from The TV show Deadliest Catch. Meal not included in fee.

Walking Rate: Little – on and off bus

Day/Date: Wed, Mar 28

Time: 10:30 am- 2:30 pm

Fee: \$15

Course Number: 10257



Adventure Trip -

Spencer Island Hike

Spencer Island, in Everett, is one of the best places to view waterfowl and shorebirds. Deer, coyote, river otter, and a host of small mammals and amphibians also inhabit the large island. The island has a dike top trail system, which provides scenic views of the wetlands, sloughs, and mountains. Prepare for the weather by wearing layers, wear good hiking shoes and bring along any snacks or lunch you may need. Bring your binoculars. No restaurant stop is included in this trip.

Walking Rate: Extreme-uneven ground, some uphill, no place to sit

Day/Date: Thu, Mar 29

Time: 9:30am – 2:30pm

Fee: \$18

Course Number: 10210



Meet our Driver

Iola Stetson

Iola made the Northwest her home in 1982. She moved to Redmond in 1999 into the 1907 farm house owned by the Mattsons and then Bastians on the Old Brick Road. Iola has enjoyed restoring the farm house and the property. The farm is home to miniature donkeys, miniature horses, and Silken Windhound dogs. Iola has worked for several computer manufacturers over the last 15 years as a field sales rep. and is also a Small Animal Massage and Acupressure Practitioner. She can be found in her spare time training and competing with her dogs and is also an avid Seahawks fan.

Registration Information

Click...Call...or Come In

ONLINE

1. View the Current Guide at www.RedmondRecreationGuide.com
2. Select a class or event by clicking on the course number
3. Login or create a new account in order to register
Existing Registrants: use "Forgot my Login ID/Account PIN" if needed.

If you have registered for a program, or rented a facility with us in the past you have an existing account!

4. Continue Shopping and/or Check Out. Follow the prompts and enter data requested.
5. Questions and/or Help - please contact our front desk at 425-556-2314.

PHONE

Call 425-556-2314
VISA/MC only
\$10 minimum
For TTY calls please dial 711 for TRS

IN PERSON

8703 160th Avenue NE
Redmond WA 98052

Staff is available Monday -
Thursday, 8:30am-9pm
Fridays, 8:30am-4:30pm
Saturdays, 8am-12pm



Registration Form

For More Information Please Call 425-556-2314. Fax 425-556-2365

Mail to: Redmond Senior Center, MS: CHSC, P.O. Box 97101 Redmond, WA 98073-9701
Make checks payable to City of Redmond (Only one family per form. Photocopies accepted.)

NAME

Adult Last: _____ First: _____

Evening phone: _____ Day Phone: _____

Mailing Address: _____ E-mail: _____

City: _____ State: _____ Zip: _____ Name of Adult
working in city limits _____

Work phone _____

OFFICIAL USE

Ck _____

Cash _____

CC _____

Credit _____

_____ Staff

Participant Name	Sex M/F	Birthday Child/Senior	Class #	Program Name	Fee
WAIVER OF LIABILITY					TOTAL \$

ALL participants are requested to sign the following release. Parents or guardians must sign for minors. I/We assume all risks and hazards incidental to such participation including transportation to and from the activities and do hereby waive, release absolve, indemnify and agree to hold harmless City of Redmond Parks and Recreation Department, park supervisors, instructors and persons transporting myself or my/our child for any claim arising out of any injury to myself or my/our child.

Signature(s) _____ Date _____



Credit Card Information

Card No. _____



Exp Date _____ Sign _____

Registration Information

Helpful Information

- Pre-registration required for all programs; in-class registrations are not accepted.
- Register early before classes are filled or canceled.
- For phone, mail, faxed registrations: confirmation receipts are emailed. Call if you don't receive one, 425-556-2314. Print or email a confirmation receipt yourself with online registration.
- Residency rates apply to non-resident individuals who work inside Redmond city limits. Family members are included. Adults over age 50 no matter where they live also receive the resident rates for classes & trips.
- Photographs and videotapes may be taken by staff for future publications.
- Fees shown include Washington State Sales Tax where applicable.

Program Satisfaction Guarantee

Your satisfaction in our programs is guaranteed. If you are not completely satisfied with any class or program, you may request a refund in writing prior to completion of the class or program session. Email requests may be sent to rsc@redmond.gov.

Scholarship Program

Recreation is for everyone. Please ask about our scholarship programs for children, adults, and seniors in low-income families. Your inquiry will be confidential. For more information contact the RSC Staff at 425.556.2342.

Withdrawal, Transfer, & Refund Policies

Register Early!

Be sure your favorite class is held. Classes may be canceled due to low enrollment. Please notify us several days prior to the start date if you must withdraw. We want to provide excellent customer service.

Events/Tickets Purchases

No ticket refunds. Events take place, rain or shine.

Withdrawal/Refund Guidelines Classes, Trips & Programs

More than seven days before start date.....90% Refund
Seven days or less before start date50% Refund
Cancelled class.....100% Refund

Special refund requests will be considered on a case-by-case basis. If you find it necessary to withdraw due to serious circumstances that affect your class participation, please direct your request in writing to the RSC Staff. Requests may be sent by email to rsc@redmond.gov.

Disability Assistance

If you have a disability and need an accommodation to fully participate in a class, please:

1. Register for any and all classes in which you want to participate. You must meet all general class requirements to register for a class such as age, gender, and pre-requisites.
2. After registering, contact RSC staff as soon as possible to discuss your accommodation needs.

This newsletter is for informational purposes only and is subject to change without prior notification. The programs offered at the Redmond Senior Center are designed to be useful and informative. We do not endorse any product or program that is presented. It is the individual's responsibility to make informed decisions regarding these issues. All announcements, posters or flyers must be cleared by staff.

Visit us on the Internet at www.redmond.gov/seniors for more information, or on Facebook at www.Facebook.com/RedmondWASeniors

Encore!

Winter 2018

Also available as a pdf on-line at:

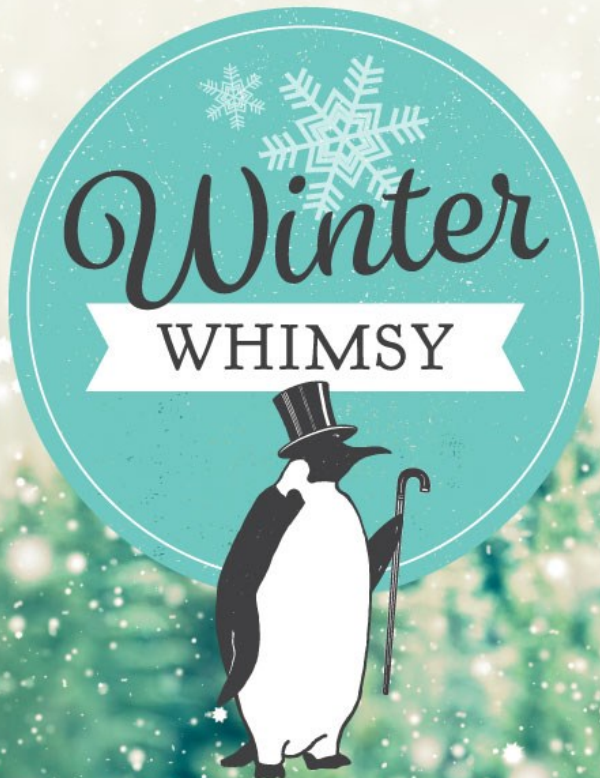
www.redmond.gov/encore

The RSC is a warm, friendly gathering place for adults age 50 and better.

It is a great place for friendship, support, a healthy meal, information, activities, educational programs, volunteering and most of all fun.

Redmond Senior Center MS: CHSC,
PO Box 97010,
Redmond WA 98073-9710

Change Service Requested



*Enjoy four nights of performances at the
Redmond Senior Center*

Jan 26 | Matt Baker, Comedy - Stunts - Odd Skills

Feb 2 | Unexpected Productions, Improv

February 16 | Nate Jester, Magician

February 23 | Captain Smarty Pants, Vocal Comedy Group

Reception from 6-7 pm • Shows from 7-8:30 pm

Tickets \$3 in advance/\$5 at door

www.redmond.gov/wintershow



City of Redmond
WASHINGTON

Aegis Living

Assisted Living & Memory Care

Aegis of Marymoor
425-497-0900

Aegis of Redmond
425-883-4000